

# Collard Greens - USDA Recipe I26 for Schools

Meal Components: Vegetable - Dark Green, Vegetable - Other, Vegetable - Additional

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canola oil		1/4 cup 2 Tbsp		3/4 cup	1. Heat oil in a large stock pot uncovered over high heat.
*Fresh onions, diced	3 lb 12 oz	2 qt 2 2/3 cups	7 lb 8 oz	1 gal 1 qt 1 1/3 cups	
Sugar	6 oz	2/3 cup 1 Tbsp 1 tsp 12 oz		1 1/3 cups 2 Tbsp 2 tsp	3. Add sugar and bell peppers. Cook for another 2-3 minutes, stirring constantly. Onions will begin to caramelize.
*Fresh green bell peppers, sliced	10 oz	1 3/4 cups 2 Tbsp	1 lb 4 oz	3 3/4 cups	
Garlic, minced		2 Tbsp	3 oz	1/4 cup	4. Add garlic and pepper flakes.
Red Pepper Flakes		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
*Fresh collard greens, chopped (stems removed)	8 lb	6 gal 1 qt 1 1/2 cups 16 lb		12 gal 2 qt 3 cups	5. Reduce heat to medium. Add collard greens and vegetable base. Saute uncovered for 2-3 minutes.
Vegetable base powder		3 Tbsp	3 oz	1/4 cup 2 Tbsp	

(Optional) Jalapenos

4 each

8 each

7. (Optional) Add 2 jalapenos.

8. Bring to a boil, and turn down to a simmer.  
Cook for 30-45 minutes or until greens are tender.

9. Critical Control Point: Heat to 135 °F or higher.

10. Pour 3 qt (about 5 lb 1 oz) collard greens into  
a steam table pan (12" x 20" x 2 1/2").

11. Critical Control Point: Hold for hot service at  
135 °F or higher.

12. Remove jalapenos before serving.

13. Portion with No. 12 scoop (1/3 cup).

#### Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

#### Serving

NSLP/SBP Crediting Information: One portion provides 3/8 cup dark green vegetable, 1/8 cup other vegetable, and 1/8 cup additional vegetable.

CACFP Crediting Information: One portion provides 5/8 cup vegetable.

\*Please note that this recipe contains differing crediting and serving size amounts. This is due to the water cooking away from the onions and bell peppers after the collard greens have been prepared.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	4 lb 6 oz	8 lb 12 oz
Green bell peppers	14 oz	1 lb 12 oz
Collard greens	14 lb 2 oz	28 lb 4 oz

Serving	Yield	Volume
See Notes	<b>50 Servings:</b> about 10 lb 2 oz	<b>50 Servings:</b> about 1 gallon 1 quart 1/4 cup / 2 steam table pans (12" x 20" x 2 1/2")
	<b>100 Servings:</b> about 20 lb 4 oz	<b>100 Servings:</b> about 2 gallons 2 quarts 1/2 cup / 4 steam table pans (12" x 20" x 2 1/2")

Nutrients Per Serving					
Calories	72	Saturated Fat		Iron	1 mg
Protein	3 g	Cholesterol		Calcium	129 mg
Carbohydrate	12 g	Vitamin A	6493 IU	Sodium	166 mg
Total Fat	2 g	Vitamin C	21 mg	Dietary Fiber	4 g